

# MURRAY SENIOR RECREATION CENTER

## 2018

## Recreation for 55+

## October

### Oktoberfest

The annual **OKTOBERFEST** will be held on **Wednesday, October 17** from **11:00-1:30**. Registration begins on Wednesday, September 19. The meal will include a Salted Pretzel Appetizer with German Mustard or Cheese, Beer Bratwurst or Roasted Chicken Breast, Roasted Red Potatoes, Bacon Sauerkraut, and Apple Strudel. The cost is **\$8** per person or **\$56** for a table of **SEVEN** (7).

*The cancellation deadline is Friday, October 5.*

Entertainment will be provided by Polka Doodle Doo featuring Kevin Scott Christensen, a local accordionist who has been playing German folk songs for years. The troupe includes Mark Chaney on percussion and Pamela Lemons on clarinet.

Only ticketed individuals will be allowed in the dining room for the meal and entertainment.

### Thanksgiving Meal

Join us for our **THANKSGIVING MEAL** which will be held on **Wednesday, November 14** at **11:00** to give thanks for all the good things in life. Registration will begin Monday, October 15. Entertainment begins at 11:00 with Mixed Nuts—a five-piece combo specializing in Big Band era music. The meal of turkey with all the trimmings will follow at 12:00.

Cost is **\$8** per person or **\$56** for a table of **SEVEN**. You may choose your table when you make the reservation and you must provide us with all the names of those sitting at your table. *Cancellation deadline is Friday, November 2.*



### Murray Senior Recreation Center



#10 East 6150 South  
Murray, UT 84107

**801-264-2635**

seniorrec@murray.utah.gov  
murray.utah.gov/140/Murray-Senior-  
Recreation-Center  
Director: Tricia Cooke

**Monday – Friday**

**8:00 – 4:30**

**Thursday**

**8:00 – 9:30**

**Saturday – Sunday**

**Closed**

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### 2018 Center Upcoming Closures

Monday, November 12	Veterans Day
Thursday, November 22	Thanksgiving
Friday, November 23	Thanksgiving
Tuesday, December 25	Christmas Day

### 2018 Special Events

Monday, November 5	Veterans Brunch
Wednesday, November 14	Thanksgiving Meal
Friday, December 7	Holiday Boutique



### Murray City Administration

Mayor Blair Camp  
 Parks and Recreation Director: Kim Sorensen  
 City Council:  
 Dave Nicponski, District 1  
 Dale Cox, District 2  
 Jim Brass, District 3  
 Diane Turner, District 4  
 Brett Hales, District 5

### Murray Senior Recreation Center Staff

Director	Tricia Cooke
Programming	Maureen Gallagher
	Wayne Oberg
Secretary	April Callaway
Receptionist	Miranda Carter
Ceramics	Cindy Mangone
Meals Supervisor	Allie Rivera
Meals Assistant	Chris Miller
Dishwasher	Annie Gardner
Custodian	Don Smith
Building Attendant	Pete Wright

### Advisory Board

Rod Young (Chair)	Christine Clark
Richard Clark	Brenda Clausen
Connie Gardner	Ed Houston
Jenny Martin	Pete Wright
Erich Mille	

### Heritage Senior Adults, Inc.

**DONATIONS** made to the Murray Senior Recreation Center go to the Heritage Senior Adults, Inc. which is a 501(c)3 and funds a scholarship program for our seniors and other enhancements to the Center.

Pick up your 20% senior discount punch card (60+) at the Front Desk for use at any **CHUCK-A-RAMA** restaurant. The cost is \$1 and Chuck-A-Rama gives the Heritage Senior Adults, Inc. all the proceeds from sale of the cards.

Every time you swipe your rewards card at Smith's, we will earn money through **SMITH'S INSPIRING DONATIONS**, but only if you link your rewards card to us.

Add a tile to the **WALL OF SUPPORT** in the Murray Senior Recreation Center courtyard. Messages can be 3 lines with up to 20 characters per line. The tiles are 4"x 8"x 2½" (\$125) or 8"x 8"x 2½" (\$250) and are engraved using state of the art laser technology. This ensures strength and durability for a lifetime.

The **SCHOLARSHIP** program provides up to \$70 per month for one year to an individual to help pay for activities at the Murray Senior Recreation Center. Applications are available at the Front Desk or on our website.

### Miscellaneous Information

Our monthly **NEWSLETTER** is emailed to those who have a current participant account and have provided us with their email address. It is also available for pick-up at the Murray Senior Recreation Center, online at [www.murray.utah.gov](http://www.murray.utah.gov), or mailed to your home for a \$20 yearly subscription fee. Donations are appreciated for the copies picked up at the Murray Senior Recreation Center and the suggested donation is \$1 per issue. *Newsletters are archived online.*

Ask at the Front Desk for a copy of our **CANCELLATION POLICY**. In general, for classes or services the policy is one working day, for trips or special events it is five working days, and for overnight trips it is five weeks to receive a full refund.

The Murray Senior Recreation Center accepts all major **CREDIT CARDS** for activity payments made over the phone or in person. All charges made will show from "Murray Parks" on your credit card statement.

Inquire at the Front Desk if you need **SPECIAL ACCOMODATIONS** to participate in our activities. We will make every effort to assist hearing, vision, or physically-impaired participants if notified at least three working days in advance.

**ANIMALS** are not allowed on the premises of the Murray Senior Recreation Center except a dog that is—or is in training to become—a service animal as defined by Utah Code. The service animal must be wearing their service vest or the individual may present the animal's laminated identification card or another form of identification.

April Callaway is a **NOTARY** and is available to sign documents that need to be notarized; this is a **free** service for Center participants.



## SILENT Auction

Auction items are in the lobby and bidding may continue through Wednesday, October 17 at 11:00.

## Identify Theft

On **Wednesday, October 3** at **10:30**, Theodora Alesana from LegalShield/IDShield will be at the Center to help equip you with the information and expertise you need to protect yourself and your family against **IDENTITY THEFT** and resolve issues related to it. This is a **free** class. [Register now.](#)

## Fall Prevention

On **Tuesday, October 9** at **10:30**, Sean Gibson, a Physical Therapist, will be at the Center to discuss issues regarding **FALL PREVENTION**. Falls are the number one cause of injury-related deaths. Falls are NOT a normal part of aging. The number of falls can be substantially reduced through evidence-based interventions, lifestyle changes, and community partnerships. This is a **free** class. [Register now.](#)

## History Class: World War I

On **Tuesday, October 9** at **10:30**, Jim Duignan will continue his presentation on **WORLD WAR I**. He will include the United States entry into World War I in 1917, the Armistice (Central Powers surrender), and the Versailles Treaty of 1919. This is a **free** class. [Register now.](#)

## Navigating the Loss of a Spouse

On **Tuesday, October 16** at **10:30**, Ryan Krantz from Financial Insight will present **NAVIGATING THE EMOTIONAL AND FINANCIAL ASPECTS OF LOSING A SPOUSE**. The class consists of two specialists—a therapist and a financial advisor—each speaking about helpful tips and common issues in losing a spouse. This is a **free** class. [Register now.](#)

## Functional Fitness

We are excited to offer a new exercise class taught by Daniel Robertson, a 20-year veteran Certified Personal Trainer, called **FUNCTIONAL FITNESS** on **Tuesday, October 16, 23, and 30** at **10:30**. This class discusses improving functional capacity that directly reduces risk of falls and the symptoms of muscle and joint discomfort. He will focus on practical exercise that will enhance feet, hip, spine, and shoulders. This is a **free** class. [Register now.](#)

## AARP Smart Driving Class

AARP teaches a **SMART DRIVING** class on the fourth Tuesday each month. The next class will be on **Tuesday, October 23** from **9:30-2:30**. [Register now.](#)

The cost is **\$15** for AARP members and **\$20** for everyone else. The instructor will collect the fee. Make checks payable to AARP and pay the day of class. They cannot take credit cards. Bring your AARP membership card and valid driver's license. Check with your auto insurance company about a possible insurance discount for attending.

## Vital Aging

Lily Ferreira from Valley Mental Health's **VITAL AGING** project will be available at 10:00 prior to the 10:30 class if anyone would like to visit with her regarding any personal problems or issues you may be having in your life.

On **Tuesday, October 23** at **10:30**, Lily will present a new wellness class called **ADJUSTING TO CHANGES AND LOSSES WHILE UTILIZING YOUR STRENGTHS**. Our abilities and roles change as we transition through different periods in life. Discover or rediscover your talents and strengths. Our workshop will help you cultivate self-strengthening beliefs to help with adjusting to life's changes. Setting personal goals will be part of the class. This is a **free** class. [Register now.](#)

## Medicare Can Be Fun

On **Friday, October 26** at **10:30**, Bill Barron from Salt Lake County Aging and Adult Services will be at the Center to present **MEDICARE CAN BE FUN**. "Two out of three Medicare beneficiaries are paying too much!" Salt Lake County's SHIP department has saved Salt Lake County residents over one million dollars in the past year...AND... that's just in the amount they paid for medication. Come learn some tricks and have your questions answered. Don't be caught off-balance in 2019. This is a **free** class. [Register now.](#)

**Medicare Open Enrollment for 2019**  
**Monday, October 15 through Monday, December 17**

## Painting Classes

John Fackrell's **WATERCOLOR** class will begin a new six-week series on **Monday, October 29** through **December 10** at **9:00-12:00**. Cost is **\$33**. Registration begins on Tuesday, October 16. Registration is limited to 15 participants.

John and Joan Fackrell's **ART APPRECIATION** class will begin a new six-week series on **Monday, October 29** through **December 10** at **1:00-3:30**. Cost is **\$33**. Registration begins on Tuesday, October 16. Registration is limited to 15 participants.

Sandi Olson's **PAINTING** class will begin a new eight-week series on **Wednesday, September 26** through **Wednesday, November 14** at **9:00-12:00**. Cost is **\$40**. Registration begins on Tuesday, September 18. Sandi is knowledgeable and paints in both watercolor and oil; she has some experience with pastels and acrylics.

## Crafts

Cindy Mangone's **CERAMICS** class is held at **8:30-12:00** every **Tuesday** and **Thursday**. Cindy can provide help for students of all experience levels. The cost to participate is **\$1.50** each class plus cost of supplies. Supplies and equipment are available to produce knickknacks, works of art, and functional pieces such as plates and bowls.

A small group of **CRAFTERS** meets on **Tuesday** at **12:45-4:00** to share their skills, knowledge, and socialize. Newcomers are welcome. Bring your ideas and projects to share.

In **CRAFTING WITH SUSAN**, the project for **Tuesday, October 9** will be a cute, little Halloween trio. See the wood craft sample in the lobby. The cost is **\$5** and all supplies are included. Class is at **2:30**. Register now. The deadline to register is Friday, October 5.



## Pool Hall

Pool tables are available for your recreational enjoyment during our hours of operation. The equipment is located in the **POOL HALL** at the east end of the building.

## Computer Classes

Bob Beaudoin has one-hour **INDIVIDUAL HELP** appointments on **Tuesday** at **1:00, 2:00, and 3:00**. Bob can assist with computer or device help (except Apple products). Cost is **\$3**. Registration and payment needed in advance.

Glen Sisam's **GENEALOGY** class will continue through **Wednesday, October 24**. A new five-week series will begin **Wednesday, October 31** through **Wednesday, November 28** at **12:30-1:30**. This is a **FREE** class. Space is limited to six participants. Register now.

## Photoshop Class

On **Monday, October 8** and **Monday, October 15** at **10:00-11:30**, Greg Waldron will teach a class on **PHOTOSHOP**. The first class will be a lecture and demonstration on Photoshop. There will be a small segment on the use of cameras, a look at photography, and then we'll dive into Photoshop with demonstrations of some of the key functionality of the software. The second session will be dedicated to the participants' personal projects and Greg will guide you through the steps to edit your own photos. The cost is **\$25**. Space is limited to six participants. Register now.

## Computer Lab

The **COMPUTER LAB** has six personal computers running Microsoft Windows 10. Computers are available anytime a group class is not being held. The Murray Senior Recreation Center also has an iPad available for use while at the Center, if you would like to try out a tablet.

There is no charge to use the computers, but users must sign in and list the computer they are using. Any printing costs **5¢** per page (pay at the Front Desk or in the cash box located in the Computer Lab).

## Readers Theater

The **READERS THEATER** troupe meets every **Thursday** at **3:00-4:00**. If you would like to participate, please come and join in the fun! The troupe will occasionally perform their new plays at **12:30** between lunch and bingo on Fridays.



## Birthday Wednesday

Celebrate your **BIRTHDAY** on the first **WEDNESDAY** of the month and you could win a free lunch. The lunch is on us if you're turning 60, 70, 80, 90, or 100 this month—just tell the lunch cashier you've hit a decade! There is free cake and ice cream for everyone to enjoy, too.

*A special thank you to Memorial Mortuaries and Cemeteries for donating the cake!*

## Veterans Wanted for a Special Project

If you are a Veteran and are willing to help local high school students tell your story, let us know at the Front Desk. Veterans and students will meet several times during October. The students will write the Veterans' stories and present them on **Friday, November 2**.

## Holiday Boutique Craft Fair

The Holiday Boutique will be Friday, December 7. Please contact Maureen if you are interested in a table to sell handmade art or craft items. The cost for a table is **\$30**. The application and samples must be submitted by Wednesday, October 10. Sellers will be contacted later in October once the selection committee has made a decision on who will be participating in this year's boutique.

## Veterans Day Celebration

We will feature a buffet-style brunch honoring **VETERANS** on **Monday, November 5** at **11:15**. Advance payment and registration are needed; however, seating is open. The cost is **\$1** for Veterans and **\$6** for everyone else. Register now.

The event will begin at 11:15 with a flag ceremony and Marlene Tillman will then sing the National Anthem. John Green will play background music during the buffet style meal that will be available at 11:30.

A special thank you to Serenity Funeral Home for sponsoring the Veterans' meals. For this event, Veterans are identified as men and women who have served, are currently serving, or are retired from the U.S. Military, National Guard, or Reserve.

## Volunteer of the Month

Susan Hatcher was born in Tacoma, Washington on July 28. Susan graduated from Mount Tahoma High School in 1964. Susan also joined the Air Force in 1964, where she served in Texas for four years and met her husband. After the service, her husband was sent to Southeast Asia and Susan returned to Tacoma to start her family.



The family moved to Utah in 1980 with three children. Susan became a single parent in 1982 and started a 23-year career working for Mervyns. After Mervyns closed, she started working at Walmart and still works there to this day.

Susan loves the Murray Senior Recreation Center and the people, where there is "such a variety of classes and events." When the Readers Theater was formed two years ago, Susan was one of the first to join and has taken over guiding the seniors in practices and performances. We have all had the pleasure of hearing and enjoying the skits put on by the Readers Theater troupe ... thanks to Susan's guidance and the troupe's talent. Susan also works on Thursdays as our lunch cashier and she will also host future trips for the Center.

As a very active bowler, Susan bowls on a winter and summer bowling league. Her hobbies include cross stitch, reading, movies, and lots of laughing. Susan's friends say, "Susan has so many books and movies that she could open up her own store."

We are very grateful and proud to have Susan as a member of the Murray Senior Recreation Center. She will be honored as our Volunteer of the Month on **Friday, October 19** at **12:15** during lunch. There will be a play performed by the Readers Theater troupe at 12:30.

## Game Day

Come join in on **GAME DAY** on **Thursday, October 11** and **Thursday, October 25** at **1:00**. We will have fun playing games like Mexican Train, Rummikub, Dominos, and other board games. We have Wii games available.



## Monthly Calendar

# 2018

### Murray Senior Recreation Center

#10 East 6150 South  
Murray, UT 84107

**801-264-2635**

heritage@murray.utah.gov  
murray.utah.gov/140/Murray-Senior  
-Recreation-Center  
Director: Tricia Cooke

**Monday – Friday**

**8:00 – 4:30**



**Thursday**

**8:00 – 9:30**

**Saturday – Sunday**

**Closed**

MONDAY	TUESDAY
9:00 NIA 9:00 Watercolor 10:15 Pickleball 10:30 Chakra Meditation 11:00 Bridge Lessons 12:30 Balance / Personal Training 1:00 Movie: <b>From Russia With Love</b> 1:00 Art Appreciation 2:00 Strength Conditioning	8:30 Ceramics 9:00 Gentle Yoga 9:30 Line Dance 10:30 Tai Chi 11:00 Canasta 11:30 Lunch 12:45 Crafters 12:45 <b>Beginning Tai Chi</b> 1:00 Computer Help 2:00 Beginning Line Dance
9:00 NIA / Watercolor 10:00 <b>Photoshop</b> 10:15 Pickleball ( <i>outside only</i> ) 10:30 Chakra Meditation 11:00 Bridge Lessons 11:00 <b>GOLF BANQUET</b> ( <i>invitation only</i> ) 12:30 Balance / Personal Training 1:00 Movie: <b>Solo (Star Wars)</b> 1:00 Art Appreciation 2:00 Strength Conditioning	8:30 Ceramics 9:00 Gentle Yoga 9:30 Line Dance 10:30 Tai Chi / <b>History Class</b> 10:30 <b>Fall Prevention</b> 11:00 Canasta / 11:30 Lunch 12:45 Crafters / Beginning Tai Chi 1:00 Computer Help 1:30 <b>Legal Consultation</b> 2:00 Beginning Line Dance 2:30 <b>Crafting with Susan</b>
9:00 NIA / Watercolor 10:00 <b>Photoshop</b> 10:15 Pickleball 10:30 Chakra Meditation 11:00 Bridge Lessons 12:30 Balance / Personal Training 1:00 Movie: <b>October Sky</b> 1:00 Art Appreciation 2:00 Strength Conditioning	8:30 Ceramics / 9:00 G. Yoga 9:30 Line Dance 10:30 Tai Chi / <b>Navigating a Loss</b> 10:30 <b>Functional Fitness</b> 11:00 Canasta / 11:30 Lunch 12:00 <b>Medicare Counseling</b> 12:30 <b>Utah State Hospital Trip</b> 12:45 Crafters 12:45 Beginning Tai Chi 1:00 <b>NO</b> Computer Help 2:00 Beginning Line Dance
9:00 NIA 9:00 Watercolor 10:15 Pickleball 10:30 Chakra Meditation 11:00 Bridge Lessons 12:30 Balance / Personal Training 1:00 Movie: <b>Whispering Smith</b> 1:00 Art Appreciation 2:00 Strength Conditioning	8:30 Ceramics 9:00 Gentle Yoga 9:30 Line Dance 9:30 <b>Smart Driving</b> 10:30 Tai Chi / <b>Vital Aging</b> 10:30 <b>Functional Fitness</b> 11:00 Canasta / 11:30 Lunch 12:45 Crafters / Beginning Tai Chi 1:00 <b>NO</b> Computer Help 2:00 Beginning Line Dance
9:00 NIA 9:00 Watercolor 10:15 Pickleball 10:30 Chakra Meditation 11:00 Bridge Lessons 12:30 Balance / Personal Training 1:00 Movie: <b>A Cinderella Story</b> 1:00 Art Appreciation 2:00 Strength Conditioning	8:30 Ceramics 9:00 Gentle Yoga 9:30 Line Dance 10:30 Tai Chi / <b>Functional Fitness</b> 11:00 Canasta 11:30 Lunch 12:45 Crafters / Beginning Tai Chi 1:00 Computer Help 2:00 Beginning Line Dance

WEDNESDAY	THURSDAY	FRIDAY
9:00 Painting / Haircuts 9:15 Pinochle 10:00 Yoga / Transportation 10:30 <b>Blood Pressure</b> 10:30 <b>Identity Theft</b> 11:15 Chair Aerobics 11:30 <b>Birthday Wednesday Lunch</b> 12:30 Genealogy 12:45 Bingo 1:00 Bridge <div>3</div>	8:00 Pickleball Instruction 8:30 Ceramics 9:00 Pickleball 9:30 <b>Fall Colors Trip</b> 10:30 Tai Chi 11:30 Lunch 12:00 Massage 2:00 Strength Conditioning 3:00 Readers Theater 7:00 Evening Social Dance <div>4</div>	9:00 Zumba 10:00 Yoga 10:00 <b>Flu Shots</b> 11:15 Chair Aerobics 11:30 Lunch 12:30 Balance Class 12:30 Personal Training 12:45 <b>NO</b> Bingo 1:00 Bridge 2:00 <b>MEET AND GREET FOR APRIL &amp; AARON</b> <div>5</div> 
9:00 Painting 9:00 <b>NO</b> Haircuts 9:15 Pinochle 10:00 Yoga / Transportation 11:15 Chair Aerobics 11:30 Lunch 12:30 Genealogy 12:45 Bingo 1:00 Bridge <div>10</div>	8:00 Pickleball Instruction 8:30 Ceramics 9:00 Pickleball 9:30 <b>BYU Museum of Art</b> 10:30 Tai Chi 11:30 Lunch 12:00 Massage 1:00 <b>Game Day</b> 2:00 Strength Conditioning 3:00 Readers Theater 7:00 Evening Social Dance <div>11</div>	9:00 Zumba 10:00 Yoga 11:15 Chair Aerobics 11:30 Lunch 12:30 Balance Class 12:30 Personal Training 12:45 Bingo 1:00 Bridge <div>12</div>
9:00 Painting 9:00 Haircuts 9:15 Pinochle 10:00 Yoga / Transportation 11:00 <b>OKTOBERFEST</b> 11:15 <b>NO</b> Chair Aerobics 12:30 Genealogy 12:45 <b>NO</b> Bingo 1:00 Bridge <div>17</div>	8:00 Pickleball Instruction 8:30 Ceramics 9:00 Pickleball 9:30 <b>Antelope Island</b> 10:30 Tai Chi 11:30 Lunch 12:00 Massage 2:00 Strength Conditioning 3:00 Readers Theater 7:00 Evening Social Dance <div>18</div>	9:00 Zumba 10:00 Yoga 11:15 Chair Aerobics 11:30 Lunch 12:15 <b>Volunteer of the Month</b> 12:30 <b>Readers Theater Play</b> 12:30 Balance Class 12:30 Personal Training 12:45 Bingo 1:00 Bridge <div>19</div>
9:00 Painting 9:00 <b>NO</b> Haircuts 9:15 Pinochle 10:00 Yoga 10:00 Transportation 11:15 Chair Aerobics 11:30 Lunch 12:30 Genealogy 12:45 Bingo 1:00 Bridge <div>24</div>	8:00 Pickleball Instruction 8:30 Ceramics 9:00 Pickleball 9:30 <b>Toenail Clipping</b> 9:30 <b>Heber Valley Railroad Trip</b> 10:30 Tai Chi / 11:30 Lunch 12:00 Massage 1:00 <b>Game Day</b> 2:00 Strength Conditioning 3:00 Readers Theater 7:00 Evening Social Dance <div>25</div>	9:00 Zumba 10:00 Yoga 10:30 <b>Medicare Can Be Fun</b> 11:15 Chair Aerobics 11:30 Lunch 12:30 Balance Class 12:30 Personal Training 12:45 Bingo 1:00 Bridge <div>26</div>
<div>31</div> 9:00 Painting 9:00 Haircuts 9:15 Pinochle 10:00 Yoga / Transportation 11:15 Chair Aerobics 11:30 Lunch 12:30 Genealogy 12:45 <b>Halloween Bingo</b> 1:00 Bridge 		

## Cards

Informal **BRIDGE LESSONS** (Chicago/Party) are held on **Monday** at **11:00**.

**BRIDGE** play is on **Wednesday** and **Friday** at **1:00-4:00**. Some players arrive early to practice and start finding first round partners. If an even number of players are not available when the play begins, then the last person to arrive will be rotated in or three-handed bridge will be played.

**CANASTA** is played on **Tuesday** at **11:00-2:30** with a break at noon for the Center's lunch. Beginners are welcome, all games are free and anyone can join in on the fun.

**PINOCHLE** tournaments are held on **Wednesday** at **9:15**. Players must check in no later than 9:00. No advance sign-up is required. The cost is **\$2** and is paid at check-in.

## Line Dance

Enjoy some great exercise, stimulate your brain, and meet with friends. **LINE DANCING** is held on **Tuesday** at **9:30** for all dancers and **Tuesday** at **2:00** for beginners. The cost is **\$2** and is paid the day of class and placed in the box on the stage.

## Bingo

**BINGO** is played every **Wednesday** and **Friday** at **12:45**. Bingo is free, although donations are appreciated. Winners receive a \$5 gift certificate to Macey's or Village Inn Restaurant.

A special **THANK YOU** to **Village Inn** for donating a pie each week for the elimination game and to **Jenkins-Soffe** for sponsoring bingo on the first Friday of each month.

## BINGO NOTES

- ♦ there will be **NO** Bingo on **Friday, October 5** and **Wednesday, October 17**.
- ♦ Join us for a **SPECIAL HALLOWEEN BINGO** on **Wednesday, October 31**. Dress up in your favorite Halloween costume for our costume contest sponsored by Jenkins-Soffe. Our 5th grade Pen Pals will visit us and parade in their costumes.

## Monday Movie

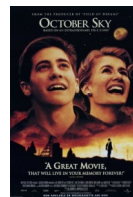
Join us on **Mondays** at **1:00** for a **free MOVIE** and popcorn!



**FROM RUSSIA WITH LOVE**  
Monday, October 1  
1963 / 110 minutes  
British Spy



**SOLO: A STAR WARS STORY**  
Monday, October 8  
2018 / 135 minutes  
Space Western



**OCTOBER SKY**  
Monday, October 15  
1999 / 107 minutes  
Biographical Drama



**WHISPERING SMITH**  
Monday, October 22  
1948 / 89 minutes  
Western



**A CINDERELLA STORY**  
Monday, October 29  
2004 / 95 minutes  
Romantic Comedy

## Evening Social Dance

**DANCE** to the musical genius of Tony Summerhays each **Thursday night** at **7:00-9:30 pm**. Cost for this activity is **\$5** per person. Light refreshments are served during the break and door prizes are given each week. Advanced registration is not required. Pay at the door.

Each dance is supported by a sponsoring agency which provides the refreshments and a door prize. Last month our sponsors were Village Inn Murray, Village Inn West Jordan, and Kneaders Bakery and Café.



## Haircuts

Jocelyn Anderson provides **HAIRCUTS** on **Wednesdays** from **9:00 to 11:30**. Haircuts cost **\$9**. Hair washing is an additional **\$4**. The wash is paid the day of your cut at the Front Desk. Appointments are every 15 minutes. Payment is required at time of scheduling. Cancellations need to be made 24 hours in advance for a refund.

## Massage

Joanne Payne provides **MASSAGE** on **Thursdays** from **12:00 to 4:00**. Cost is **\$18** for a half-hour or **\$36** for an hour. Payment is required at time of scheduling. Cancellations need to be made *48 hours* in advance for a refund. *If you schedule a 30-minute appointment, wear loose clothing for your massage.*

## Blood Pressure

Community Nursing Services will be providing **free BLOOD PRESSURE** screenings on **Wednesday, October 3** from **10:30 to 12:00**.

## Toenail Clipping

Dr. Scott Shelton provides **TOENAIL CLIPPING** every other month. The next scheduled toenail clipping will be on **Thursday, October 25** from **9:30 to 12:00**. The cost is **\$11**. ***Toenail scheduling begins Thursday, September 27.*** Payment is required at time of scheduling.

The doctor is unable to provide toenail clipping services for people who are diabetic or on anti-clotting agents such as Coumadin.

## Health Screening Clinic

Westminster Nursing Students will be providing a **free HEALTH SCREENING CLINIC** on **Thursday, November 8** from **9:30 to 12:00**. Students will perform Peripheral Artery Disease screening, blood pressure, blood glucose, balance, and vision screenings. Advance appointments are required; register now.

## Flu Shots

Community Nursing Services will be at the Center on **Friday, October 5** from **10:00 to 12:00**. You will be able to choose the regular Influenza Vaccine (Quadrivalent four strain), High-Dose Vaccine (for over 65), or Pneumonia vaccine. This year, Prevnar 13 (PCV13) is recommended for all seniors 65 years of age and older that have not previously received this pneumococcal vaccination.

You **MUST** bring the following items with you before receiving your flu shots: insurance or Medicare card (must have Part B) and photo ID. Community Nursing Services is contracted to directly bill most health insurances.

If you don't have insurance, the regular **FLU SHOT** cost is **\$35**, High Dose **\$50**, Pneumonia (PPSV 23) **\$90**, and Prevnar 13 is **\$190.00**. As we age, our immune system weakens and our ability to fight illness decreases. Adults age 65+ are more vulnerable to influenza. Vaccinations are safe, effective, and considered to be the best way to help protect against influenza. No sign up necessary.

## Legal Consultation

An attorney is available for a 20-minute **LEGAL CONSULTATION** at no charge on the second Tuesday each month. Kyle Barrick will be here on **Tuesday, October 9** from **1:30 to 3:30**. Advance appointments are required.

Senior Center Legal Clinics are a pro-bono program sponsored by the Utah State Bar Committee of Law and Aging. Volunteer lawyers will consult with you, advise you, or refer you to other sources for help, but they will not solicit your business. This is a **free** service.

## Medicare Counseling

Need help with **MEDICARE** or supplement issues? Sign up now for individualized help on **Tuesday, October 16** from **12:00 to 2:00**. Advance appointments are required. Bring documents related to your questions and a volunteer from Salt Lake County Aging and Adult Services Senior Health Insurance Program (SHIP) will help you. The volunteer comes the third Tuesday each month. This is a **free** service.

## Exercise Classes

### NIA

Monday 9:00-10:00

Neuromuscular Integrative Action (NIA) is an expressive fitness and awareness movement program designed to enhance balance and help you move in harmony.

### STRENGTH CONDITIONING

Monday and Thursday 2:00-3:00

Build muscular strength and endurance, increase your balance, and improve flexibility.

### GENTLE YOGA

Tuesday 9:00-10:00

Gentle in its approach and not as strenuous as other practiced forms of yoga.

### TAI CHI

Tuesday and Thursday 10:30-11:30

Focusing the mind solely on the movements of form helps to bring about a state of mental calm and clarity.

### BEGINNING TAI CHI (eight-week session is \$20)

Tuesday 12:45-1:45 (October 2-November 20)

### YOGA

Wednesday and Friday 10:00-11:00

An ancient system of movements and breathing techniques designed to help you relax and rejuvenate your mind and spirit.

### ZUMBA

Friday 9:00-10:00

Involves dance and aerobic movements performed to energetic music.

### CHAIR AEROBICS (25¢)

Wednesday and Friday 11:15-11:45

Great for beginners, those with standing or balance problems, those who are easily fatigued, or those in a wheelchair.

### Exercise Class Fees

- \$3 for each class
- \$30 punch pass with 10 punches (no expiration)
- \$10 or \$15 monthly fee
- \$30 monthly Total Fitness Pass (includes all exercise classes and use of the exercise room)
- Class fees are **not included** in Silver Sneaker or Silver & Fit Medicare Supplement Insurance benefit

## Exercise Room

The **EXERCISE ROOM** is open for daily use and contains a treadmill, recumbent bike, hand and leg weights, weight machine, and a strength band wall. The cost is \$1 per day, \$5 for the month, or free if you have Silver Sneakers, Silver & Fit, or purchase our \$30 Monthly Total Fitness Pass. Ask at the Front Desk for details.

## University of Utah Students

The University of Utah Exercise and Sports students will be here every **Monday** and **Friday** at **12:30-2:00**.

The students teach a **BALANCE CLASS** at 12:30 that can help you improve your fitness levels and increase your endurance, balance, and stretching abilities.

They also offer 30-minute, one-on-one **PERSONAL TRAINING**. Sign up for this service in the exercise room.

This program has become one of our most popular classes as participants enjoy improving their fitness skills. These two classes are included with the Exercise Room fee.

## Chakra Meditation

Barbara Battison will present in-depth information about how **CHAKRAS** and **MEDITATION** work. Learn about different ways to take responsibility for your own health. A portion of this class will be spent on meditation and how to activate and keep your chakras balanced.

A new eight-week session will begin **Monday, October 15** through **Monday, December 10** at **10:30-12:00**. The cost is **\$20** for the session or **\$3** per class.

## Pickleball

Pickleball is the most exciting sport sweeping the country. Part tennis, part badminton, and a whole lot of fun. This racquet sport is played on a 20' x 40' court that limits the amount of mobility required to play the game.

Play **PICKLEBALL** every **Monday** at **10:15-12:00** or **Thursday** at **9:00-11:00** in the dining room or the outdoor courts (weather permitting). If you are new to the sport, **INSTRUCTIONAL PLAY** is every **Thursday** at **8:00-9:00**.

## Fall Colors

The **FALL COLORS** trip is **SOLD OUT**. The chartered bus will leave the Center at **9:30** on **Thursday, October 4** and return around 5:00.

## BYU Museum of Art

Due to the overwhelming popularity of the **BYU MUSEUM OF ART** trip, we have planned a second trip to see *Lasting Impressions: Etchings and Drawings by Carl Bloch* along with several other exhibits. The Center bus will leave the Center at **9:30** on **Thursday, October 11**. The cost is **\$8** and lunch is on your own at the Museum Café.

Registration is now open for this trip.

## Utah State Hospital Museum

The **UTAH STATE HOSPITAL MUSEUM** tells the hospital's 120-year history through photos and artifacts displayed in two rooms at the historic Old Superintendent's Home. The museum's exhibit provides a window into the history of mental health treatment.

The Center bus will travel to the Utah State Hospital Museum on **Tuesday, October 16** at **12:30**. Cost for this trip is **\$8**. Registration begins Tuesday October 2.

## Antelope Island

**ANTELOPE ISLAND** State Park, the largest island in the Great Salt Lake, is home to a free roaming herd of about 500 bison. Pronghorn, deer, and bighorn sheep also share the rangelands that overlook the desert lake. The visitor's center offers information on the island's unique biology, geology, and history.

The Center bus will depart on **Thursday, October 18** at **9:30** and return about 4:00 pm. Cost is **\$15** and includes a sack lunch.

Registration begins Wednesday, October 3.

### Bus Trip Reminders

- Please park your car north of the light pole in our parking lot to free up space for the daily patrons of the Murray Senior Recreation Center.
- Please remember to bring your own water to enjoy on the trip.
- For Le Bus chartered bus trips, the trip escort will pass around a tip jar to collect tips for the driver. The standard tip is \$1 per person.

## Weekly Transportation

**WEEKLY TRANSPORTATION** to and from the Center is available for Murray residents on **Wednesdays**. This is a **free** service. Pick-up is between **10:00-10:45** and the return ride is at **2:30** after bingo. If you need a ride, call at least one day in advance to sign up.

## Heber Valley Railroad Cowboy Train

Heber Valley's Western Music & Cowboy Poetry Gathering takes place October 24-28. Join us on the **HEBER VALLEY RAILROAD COWBOY TRAIN** and experience a step back in time on the 119 year-old route of the Heber Creeper. Your ride includes a train robbery and live, old-fashioned western entertainment on board. The concessions car will be open.

The Center bus will leave at **9:30** on **Thursday, October 25** and return around 3:30. The cost is **\$25** and includes your train ticket and entrance to Tom's Cabin, a rare collection of cowboy collectibles rarely open to the public. Lunch is on your own. Registration begins Wednesday, October 10.

## Wendover

Travel to **WENDOVER** on **Thursday, November 8** and enjoy a day at the Rainbow Casino. A chartered bus has been scheduled; the cost is **\$20** per person which includes transportation, bonus package from the casino, buffet lunch, and free bingo on the bus. The bus will depart the Center at **8:30** and return about **7:00**. Register now.

## Kingsbury Hall: The Bridge

During the height of the Civil War, a young man awaits his hanging for attempted arson. As his mind races to his family and ideals, his battle for survival becomes a battle for self. This genre-bending dance and music performance retells Ambrose Bierce's classic short story. Performed by SALT Contemporary Dance, a Utah-based company of classically trained, artistically versatile dancers, the chilling tale unfolds through stunning choreography.

The Center bus will leave at **9:00** for **KINGSBURY HALL** on **Thursday, November 8**. Cost for this trip is **\$6**. Registration begins Tuesday, October 30.

# OCTOBER LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <b>NO LUNCH</b>	2 <b>STUFFED BELL PEPPERS</b> Roll Banana Bread	3 <b>ITALIAN CHICKEN</b> Beets Rice Birthday Cake and Ice Cream 	4 <b>CHEESE TORTILLINI</b> Side Salad Garlic Breadsticks Cookie	5 <b>COUNTRY FRIED STEAK</b> Mashed Potatoes Corn Yogurt/Fruit Parfait
8 <b>NO LUNCH</b>	9 <b>RIBS</b> Green Beans Salad Ice Cream Bar	10 <b>GOULASH</b> Roll Green Beans Chocolate Cake	11 <b>SLOPPY JOE</b> Onion Rings Veggie Pudding Cup	12 <b>CHICKEN POT PIE</b> Side Salad Mousse Cup
<p>Lunch is served Tuesday-Friday between <b>11:30-12:30</b>            Make your lunch selection and then pay the lunch cashier            Sandwiches, soup, or salads available as alternatives            Prices range from <b>\$2-\$4</b>  <b>Tickets for Special Events need to be purchased in advance</b></p>				
15 <b>NO LUNCH</b>	16 <b>CHEDDAR BROCCOLI SOUP</b> Roll Cinnamon Apple Cake	17  \$8 per person \$56 per table (7) <b>Advance Purchase Required</b>	18 <b>MUSHROOM STROGANOFF</b> Peas Lemon Bar	19 <b>SWEET &amp; SOUR CHICKEN</b> Lo Mein Noodles Stir Fry Veggies Fortune Cookie
22 <b>NO LUNCH</b>	23 <b>BRUNCH CAFÉ</b> 11:00-12:30 	24 <b>IRISH STEW</b> Cheddar Biscuit Carrot Cake	25 <b>PARMESAN CHICKEN</b> Roasted Red Potatoes Broccoli Pumpkin Cookie	26 <b>LEMON PEPPER TILAPIA</b> Garlic Parmesan Orzo Cucumber Tomato Salad Apple Cobbler
29 <b>NO LUNCH</b>	30 <b>MEATBALL SLIDERS</b> Brown Sugar Carrots Fresh Fruit	31 <b>MINI MUMMY PIZZA</b> Frog Eye Salad Orange Cream Cheese Swirl Brownie		